

What is the relationship between the intake of soy protein and blood lipids among adults without hyperlipidemia? (DGAC 2010)

Conclusion


Moderate evidence suggests soy protein intake may have small effects on total and low-density lipoprotein cholesterol in adults with normal or elevated blood lipids, although results from systematic reviews are inconsistent.

Grade: Moderate

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between the intake of soy protein and blood lipids among adults without hyperlipidemia?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Vegetable protein: What is the relationship between the intake of vegetable protein and/or soy protein and selected health outcomes?](#)